

Mental Health & Healthy Weight

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Achieving or maintaining a weight that is healthy for your body can help you improve mental health and symptom relief from other illnesses.

How do you know if you have a healthy weight?

To know if your weight is in the healthy range you can calculate your body mass index, also known as BMI. This uses your weight and your height to provide a measure of your total body fat.

$$\text{BMI} = \left\{ \frac{\text{weight}}{(\text{height} \times \text{height})} \right\} \times 703$$

Example: Ana weighs 130 lbs. and is 5'3" tall or 63", using the BMI formula...

$$\text{BMI} = \left\{ \frac{130 \text{ lbs}}{(63" \times 63")} \right\} \times 703 = 23 \text{ ...Ana's BMI is 23.}$$

Note: weight is in pounds (lbs) and height is in inches (")

BMI:

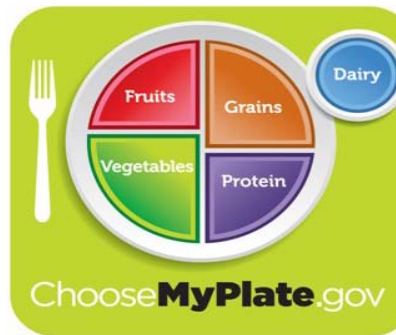
Below 18.5 (Underweight)
18.5 - 24.9 (Normal)
25.0 - 29.9 (Overweight)
30.0 and Above (Obese)

Risk of health problems related to weight:

Healthy range; very low risk
Low risk
Moderate to very high risk

To lose weight or maintain a healthy weight:

- **Get moving:** physical activity increases your metabolism, burns calories and tones the muscles in your body. Gradually increase to at least 30 minutes most days of the week.
- **Control** your food portion size.
- **Focus** your meals on fruits, vegetables and whole grains and use lean meats, fish and poultry as the side dishes. For examples see choosemyplate.gov.



Ask your doctors:

1. Do I need to lose weight?
2. How much should I weigh?
3. Are any of my health conditions related to my weight?
4. Can any of my conditions be improved with weight loss?
5. Am I at risk of developing other conditions because of my weight?
6. Do any of the medications I currently take contribute to weight gain?

Share with your provider about your eating habits, diet, physical activity and any other relevant information. You shouldn't be offended or worried, sharing this information will help your provider or medical doctor assess your nutritional history and needs.

GET MOVING!

- ▶ No interest? Make it fun!
- ▶ No motivation? Join a group or find a buddy.
- ▶ Physical ability? Find an activity that does not make you feel uncomfortable but gets you moving.

- Take a hike or walk
- Go dancing
- Play with your kids
- Find a hobby that makes you move
- Ride your bike
- Take the stairs
- Clean your house

A step toward active living is a step away from diabetes!

TOOLS YOU CAN USE

These online tools include calculators, food ideas and fun activities to help you live healthier:

- ▶ www.cdc.gov/healthyweight
- ▶ www.eatwellbewell.org
- ▶ www.choosemyplate.gov
- ▶ www.azdhs.gov/healthyliving



Division of Behavioral Health Services

This flyer and related materials can be found online at:
www.azdhs.gov/bhs/qhi/